

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 648225 Polievka rascova bez mlieka 0,33l (E:277kj,B:2g,S:16g) (Al:1), 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Utorok 25.10.2022 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacream 20g, 99543 Nugeta, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Streda 26.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 66019 Hov.pečienka prirodna 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560 Cibula (E:19kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Piatok 28.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90106 Morcacie

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 2

na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)
 (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 29.10.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99715
 Tuniak 70g (E:767kj,B:9g,T:18g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 900105 Kuracie prs.
 na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny
 0,25l (E:403kj,S:21g)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 90726 Brokolica varena 230g
 (E:150kj,B:5g,S:8g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 30.10.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch
 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
 (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99117 Sunka vak. 100g, 99604 Maslo mini
 delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 648225 Polievka rascova bez mlieka 0,33l (E:277kj,B:2g,S:16g) (Al:1), 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Utorok 25.10.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 26.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravy 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560 Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99604 Maslo mini delacreame 20g

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 4

*** Piatok 28.10.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g

*** Sobota 29.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63111 Caj pravy 0,25l

Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera..... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

*** Nedela 30.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g, 99604 Maslo mini delacreame 20g, 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99717 Sunkova natierka 50g
(E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90742 Polievka cesnakova kremova 330 (E:649kj,B:5g,T:6g,S:24g) (Al:1,7), 90105 Morcacie prsia v
pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g
(E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 25.10.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12), 99303
Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 90302 Zemiaky varene s
vнатkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Streda 26.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90051 Hov. varene * 62g
(E:1012kj,B:21g,T:18g), 10422 Chrenova omacka 150g (E:801kj,B:5g,T:11g,S:18g) (Al:1,7,12),
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

II. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560
Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 06121 Polievka hrachova 0,33L (E:740kj,B:7g,T:6g,S:27g) (Al:1,7,12), 12112 Treska vyprazana 150g
(E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarska omacka (m.0,05g)
(E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,S:8g)

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99602 Maslo mini (E:313kj,T:8g) (Al:7)

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 6

*** Piatok 28.10.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99316 Dalamanka celozrnna, 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 29.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90017 Kuracie prsia s lecom 195g(m.64g) (E:1094kj,B:31g,T:11g,S:9g) (Al:1,7,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 30.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12), 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g), 99435 Calamada 150g (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 7

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 24.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99717 Sunkova natierka 50g
(E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90105 Morcacie prsia v pretlaku
64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g
(E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 25.10.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90211 Bravcove sote
153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99445 Salat z cinskej
kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Streda 26.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04211 Polievka kalerabova 0,33l (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 66019 Hov.pečienka prírodná
170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15
(E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

II. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 05221 Polievka z tekvice 0,33l (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90083 Treska pecena 150g
(E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,S:8g)

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99602 Maslo mini (E:313kj,T:8g) (Al:7)

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 8

*** Piatok 28.10.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99316 Dalamanka celozrnna, 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 29.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed..... 90743 Polievka syrová s opek. zemiakmi 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 30.10.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90105 Morcacie prsia v pretlaku
 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 25.10.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63411 Kava z
 kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90211 Bravcove sote
 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 26.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04211 Polievka kalerabova 0,33l (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 66019 Hov.pečienka prírodná
 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 05221 Polievka z tekvice 0,33l (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90083 Treska pecena 150g
 (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 28.10.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj
 pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04221 Polievka karfiolova 0,33l (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90106 Morcacie na zelenine
 (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 10

*** Sobota 29.10.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 90743 Polievka syrová s opek. zemiou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90010 Kuracie
 prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 30.10.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l
 (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch
 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 99555 Detsky prikrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
 II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 25.10.2022 *****

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99543 Nugeta, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 26.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 28.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 12

51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g
(E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)
(Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 29.10.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99714 Tuniakova natierka 40g
(E:1013kj,B:3g,T:26g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed. 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90010 Kuracie
prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny
0,25l (E:403kj,S:21g)
Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7), 63113 Caj pravy s
citronom 0,25l (E:403kj,S:21g)

*** Nedela 30.10.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch
120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99117 Sunka vak. 100g, 99630 Syr taveny
35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 13

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 24.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99717 Sunkova natierka 50g
(E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99406 Redkovka 30g (E:24kj,S:1g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90742 Polievka cesnakova kremova 330 (E:649kj,B:5g,T:6g,S:24g) (Al:1,7), 90105 Morcacie prsia v
pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g
(E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 25.10.2022 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99543 Nugeta,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12), 99301
Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 90302 Zemiaky varene s
vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12), 63112 Caj ovocny 0,25l
(E:403kj,S:21g)

Olovrant. 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravy
s citronom 0,25l (E:403kj,S:21g)

***** Streda 26.10.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90051 Hov. varene * 62g
(E:1012kj,B:21g,T:18g), 10422 Chrenova omacka 150g (E:801kj,B:5g,T:11g,S:18g) (Al:1,7,12),
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63112 Caj ovocny 0,25l
(E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63113 Caj pravy s citronom
0,25l (E:403kj,S:21g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g),
99560 Cibula (E:19kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 06121 Polievka hrachova 0,33L (E:740kj,B:7g,T:6g,S:27g) (Al:1,7,12), 12112 Treska vyprazana 150g
(E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarska omacka (m.0,05g)
(E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99310 Pecivo 1 ks (E:443kj,B:3g,T:1g,S:22g) (Al:1), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,S:8g)

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
(Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 14

*** Piatok 28.10.2022 ***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99702 Mrkvova natierka 55g
(E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12), 59012
Dukat.buchticky s vanil.kremom 450g,(s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)
(Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 29.10.2022 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99714 Tuniakova natierka 40g
(E:1013kj,B:3g,T:26g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90017 Kuracie
prsia s lecom 195g(m.64g) (E:1094kj,B:31g,T:11g,S:9g) (Al:1,7,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny
0,25l (E:403kj,S:21g)

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7), 63113 Caj pravy s
citronom 0,25l (E:403kj,S:21g)

*** Nedela 30.10.2022 ***

Raňajky..... 99326 Zavin kakaovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch
120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g), 99435 Calamada 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99117 Sunka vak. 100g, 99630 Syr taveny
35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 15

TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 24.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Utorok 25.10.2022 *****

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
90302 Zemiaky varene s vlnkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Streda 26.10.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04211 Polievka kalerabova 0,33l (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Stvrtok 27.10.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 05221 Polievka z tekvice 0,33l (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Piatok 28.10.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 04221 Polievka karfiolova 0,33l (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63113 Caj pravý s citrónom

* 320 J E D A L N Y L I S T O K *

Obdobie: 24.10.2022 - 30.10.2022

Str.: 16

0,25l (E:403kj,S:21g)

*** Sobota 29.10.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7), 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 30.10.2022 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 99624 Mliecna ryza, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková□
 Hejbalová□
 Kubrická□
 Šimovcová□
 Kaštílová□

□